WHAT IS CLAIMED IS:

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1	An applicator	device for	annivina a	COMPOSITION	comprising.
		device ioi	applying a	COMPOSITION	comprising.

- a flexible container configured to hold the composition, the flexible container including an open end and a closed end;
- an applicator tip member coupled to the open end and including an opening for receiving the composition from the flexible container; and
- a cap having an open end and a protrusion extending toward the open end of the cap;
 - wherein the cap is movable from a storage position in which the protrusion extends through the open end of the flexible container and the opening of the applicator tip member to maintain the composition in the flexible container and a second position in which the protrusion selectively engages the flexible container to dispense the composition to the applicator tip member.
 - 2. The applicator device of claim 1, wherein the protrusion extends from a closed end of the cap.
 - 3. The applicator device of claim 1, wherein the protrusion selectively engages the closed end of the flexible container.
 - 4. The applicator device of claim 1, wherein the applicator tip member is coupled to the open end of the flexible container by a male-female connector.
 - 5. The applicator device of claim 1, wherein the flexible container and the cap telescope together.
- 6. The applicator device of claim 1, wherein the applicator tip member includes a surface for use in cleaning a mouth of a user.

1	7. The applicator device of claim 1, wherein the applicator tip member
2	includes a thermoplastic elastomer having a hardness of no less than about
3	Shore 20A and no greater than about Shore 65A.

- 8. The applicator device of claim 1, wherein the applicator tip member includes a plurality of nubs and at least one pick.
- 9. The applicator device of claim 1, further comprising a composition, wherein the composition is at least one of an oral composition and a topical composition.
 - 10. The applicator device of claim 9, wherein the oral composition includes at least one essential oil.
 - 11. The applicator device of claim 9, wherein the oral composition includes a mixture including menthol, thymol, eucalyptus, and methyl salicylate.
 - 12. The applicator device of claim 1, further comprising a seal for sealing the open end of the cap in the storage position.
 - 13. A method of applying a composition to a user, the method comprising the steps of:
 - a) providing a flexible container for holding a composition and including an open end and a closed end;
 - b) providing an applicator tip member at the open end, the applicator tip member including an opening for receiving the composition from the flexible container;
 - c) providing a cap on the open end, the cap including an open end and a protrusion extending toward the open end of the cap and through the open end of the flexible container to maintain the composition in the flexible container;

- d) placing the cap on the closed end of the flexible container such that selective engagement of the cap on the closed end of the flexible container dispenses the composition to the applicator tip member; and
 e) applying the composition to the user.
 - 14. The method of claim 13, wherein the applying step includes manually rubbing the applicator tip member on a mouth of the user.
 - 15. An applicator device comprising:

- a flexible container for holding a composition, the flexible container including an open end and a closed end;
- a polymeric applicator tip member coupled to the open end and including an opening for receiving the composition from the flexible container; and
 - a telescoping cap for receiving the flexible container, the telescoping cap having an open end and a protrusion extending toward the open end of the cap;

wherein the telescoping cap is movable from a storage position in which the protrusion extends through the open end of the flexible container and the opening of the polymeric applicator tip member to maintain the composition in the flexible container and a second position in which the protrusion selectively engages the flexible container to dispense the composition to the polymeric applicator tip member.

- 16. The applicator device of claim 15, wherein the protrusion extends from a closed end of the cap.
- 17. The applicator device of claim 15, wherein the protrusion selectively engages the closed end of the flexible container.

- 1 18. The applicator device of claim 15, wherein the applicator tip member is coupled to the open end of the flexible container by a male-female connector.
- 1 19. The applicator device of claim 15, further comprising a composition,
 wherein the composition is at least one of an oral composition and a topical
 composition.
- 20. The applicator device of claim 19, wherein the oral composition includes a mixture including menthol, thymol, eucalyptus, and methyl salicylate.